BreastFeeding Basics Class: BJACH - CR #2 on the 2nd floor by the ER. LDRP tour to follow. Registration Call (337) 531-3705 OR 531-3708.

Breathing and Relaxation Class: BJACH - CR #2 on the 2nd floor by the ER. LDRP tour to follow. Registration Call 531-3705 OR 531-3708

<u>Diabetes Education Class for all diabetics.</u>

BJACH Classroom 1, 1st floor. Registration Call (337) 531-6880/3255.

Getting Ready to Quit Tobacco: first step in TOBACCO CESSATION program. FT Polk education center, bldg 660, room 201. Registration Call (337) 531-6880/531-3255

Labor and Delivery (L&D) Class: BJACH — CR #2 on the 2nd floor by the ER. LDRP tour to follow. Call 531-3705 OR 531-3708 TO REGISTER.

Newborn Care: BJACH CR #2 on the 2nd floor by the ER. LDRP tour to follow.

Registration Call 531-3705 OR 531-37408.

Pregnancy Postpartum Physical Training (PPPT) education: . BCTC THEATER ROOM. Enrollment call 531-4926.

Self care/over the counter (SC/OTC) medication class: request OTC meds without Cost. BLDG 3516 (behind red roof) Preventive medicine (337) 531-6880/531-3255. Complete on-line at www.polk.amedd.army.mil

Sibling Class: for children expecting new siblings: BJACH CR #2 on the 2nd floor by the ER. LDRP tour to follow. Call 531-3705 OR 531-3708 TO REGISTER.

Weight Management For Active Duty (ARMY MOVE 1,2,3,): BJACH 1st floor classroom. For registration call 531-3129.

Weigh2Geaux Weight management Class:

OPEN TO ALL BENEFICIARIES. BJACH 1st floor,
Classroom 1. Info call (337) 531-3255 or 531-3129.

(Requests for weight loss medication will need a
referral by primary care physician)



November 2013



	Mon	Tue	Wed	Thu	Fri
1					1
,	ARMY MOVE 0900, 1030 TOBACCO CESSATION 1130-1300	5 BREASTFEEDING BASICS 0900-1100	6 BJACH HEALTH AWARENESS 1000-1300	7 PPPT EDUCATION 0815-0900	8
	VETERANS DAY	12 NEWBORN CARE 1300-1500	LABOR & DELIVERY 0900-1100 SC/OTC MEDICATION CLASS 1000-1100	PPPT EDUCATION 0815-0900	15
., 9.	ARMY MOVE 0900, 1030 BJACH HEALTH "GAS" AWARENESS 1000-1300	PX HEALTH "GAS" AWARENESS 1000-1300 BREATHING & RELAXATION FOR LABOR 1800-2000	BJACH HEALTH "GAS" AWARENESS 1000-1300	PPPT EDUCATION 0815-0900 "GAS"	22
1	25 ARMY MOVE 0900, 1030	26	27 SC/OTC MEDICATION CLASS 1000-1100	THANKSGIVING	TRAINING HOLIDAY

NOVEMBER IS GREAT AMERICAN SMOKEOUT "GAS" & AMERICAN DIABETES AWARENESS MONTH

Self Care/Over the Counter Medication Class

Use BJACH Pharmacy to request over the counter medications for pain, fever, coughs, colds, allergies and other minor conditions -

BJACH

NO PRESCRIPTION NEEDED!

There are several ways to complete the class!

Health Promotion

337-531-6880 OR 531-3255

Unit level or FRG meetings upon request Other gatherings/meetings/training upon request Online at the BJACH website (see below)

Any way you choose, you will be given a card to carry that will never expire.

SC/OTC Group class dates:

13 NOVEMBER 2013 27 NOVEMBER 2013

1000 -1100

1000 -1100

Dept. of Preventive Medicine, Bldg 3516

(BEHIND Red Roof Bldg 3504)

On-line class

Complete the class portion on-line @

www.polk.amedd.army.mil

Click the **Self Care/OTC On-Line Class** hyperlink.

You must pass the on-line test, print out your certificate *and make* an appointment with Health Promotion to be entered into the OTC system.

Tobacco Cessation classes

OR

ARE BEING OFFERED TWO WAYS AT BJACH!

You may choose to participate in the program with a group of your peers or you may also complete a structured on-line program. Either program may be brought to your work or unit upon request! Classes are scheduled monthly at BJACH.

For more information call 531-6880 OR 531-3255

Call BJACH Health Promotion for more information @ (337) 531-6880.

KEEP YOUR CHILD SAFE WHILE TRAVELING



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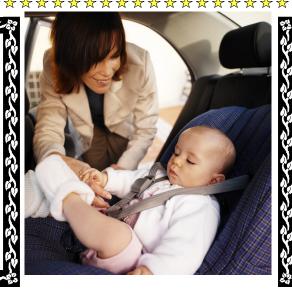
CHILD CARSEAT PASSENGER SAFETY CHECKS

EVERY THURSDAY
FROM 10 AM TO 2 PM
CALL TO SCHEDULE
DEPARTMENT OF PREVENTIVE MEDICINE



DATES FOR NOVEMBER 2013

7 NOVEMBER 2013 14 NOVEMBER 2013 21 NOVEMBER 2013



DATES FOR DECEMBER 2013

5 DECEMBER 2013 12 DECEMBER 2013 19 DECEMBER 2013

SCHEDULE YOUR APPOINTMENT TODAY

CALL

THE HEALTH PROMOTION PROGRAM
AT BJACH

(337) 531-3776 OR (337) 531-6880